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## ABSTRACT OF THE DISCLOSURE

Balancing equipment that provides a selectively dynamic platform for an individual thereon. The weight and movement of the individual causes the platform to tilt in any direction, thereby attempting to throw off the balance of the individual, causing the individual to work on maintaining balance while on the dynamic platform. The dynamic nature of the platform can be adjusted to correspond to the balancing abilities of individuals. An adjustment mechanism increases or reduces the amount the platform is able to tilt, without requiring the raising or lowering of any component of the platform. An exercise mechanism can also be connected to the platform to further modify the dynamic nature of the platform.

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